

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Advanced Exercise Prescription for Musculoskeletal & Sports Injuries

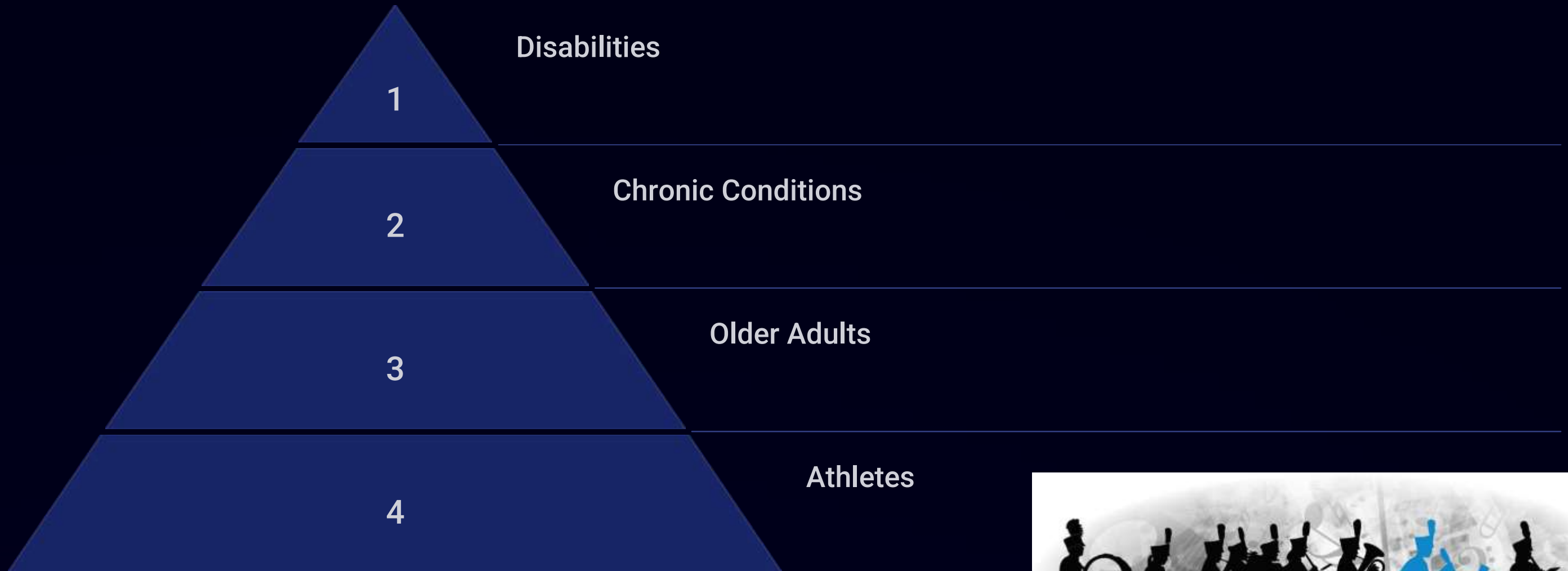


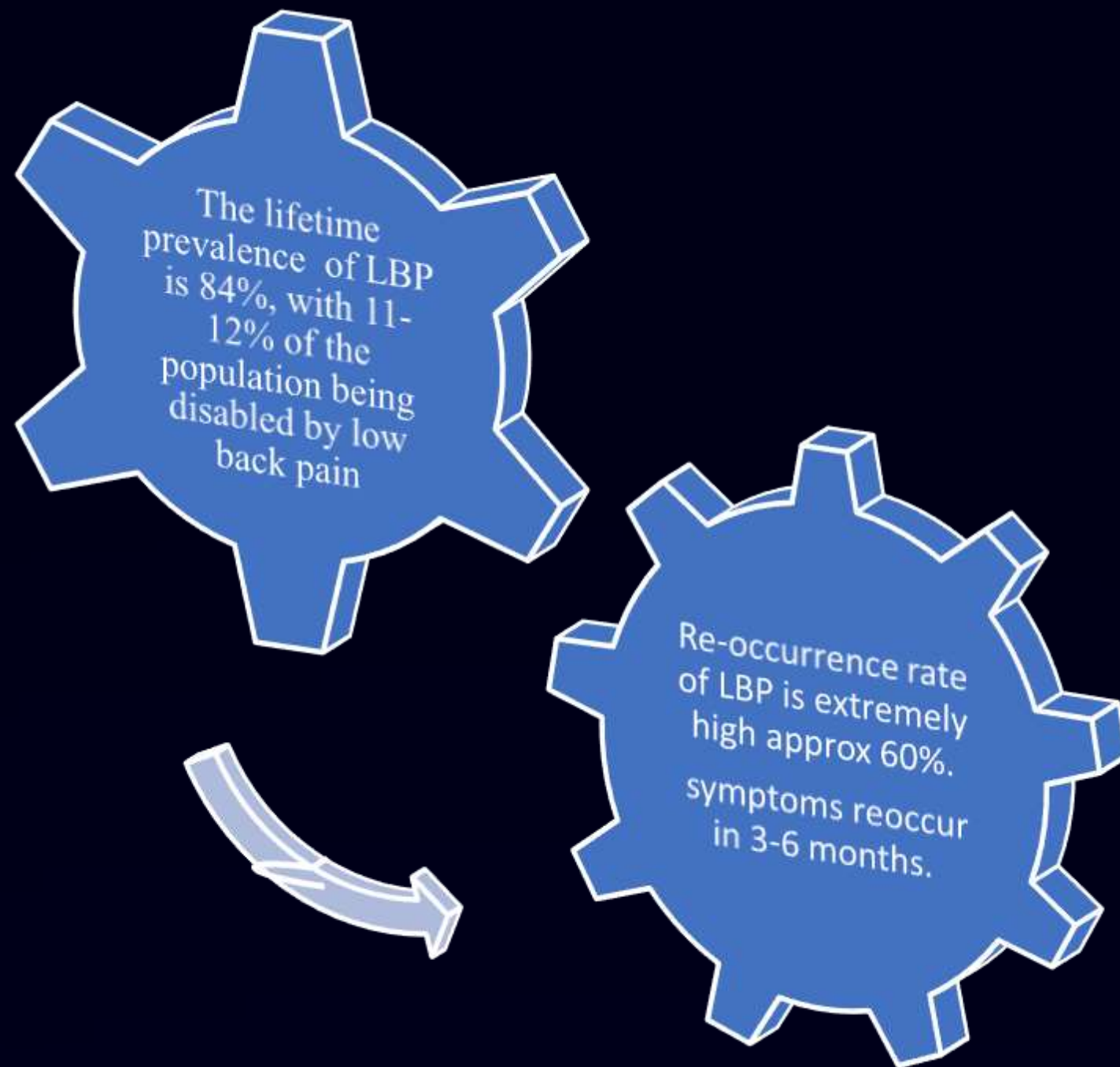
Pw

Dr MS Khan



Special Populations & Considerations





Balagué, Federico, et al. "Non-specific low back pain." *The Lancet* 379.9814 (2012): 482-491. Level of evidence 1A
Mohammadi M, Vaisi Raieghani AA, Jalali R, Ghobadi A, Salari N. The prevalence of low back pain among Iranian hospital nurses: A systematic review and meta-analysis. *Nurs Midwifery Stud* 2019;8:1-6
<http://ojs.zu.edu.pk/ojs/index.php/pjr/article/view/1329>
https://www.physio-pedia.com/Non_Specific_Low_Back_Pain

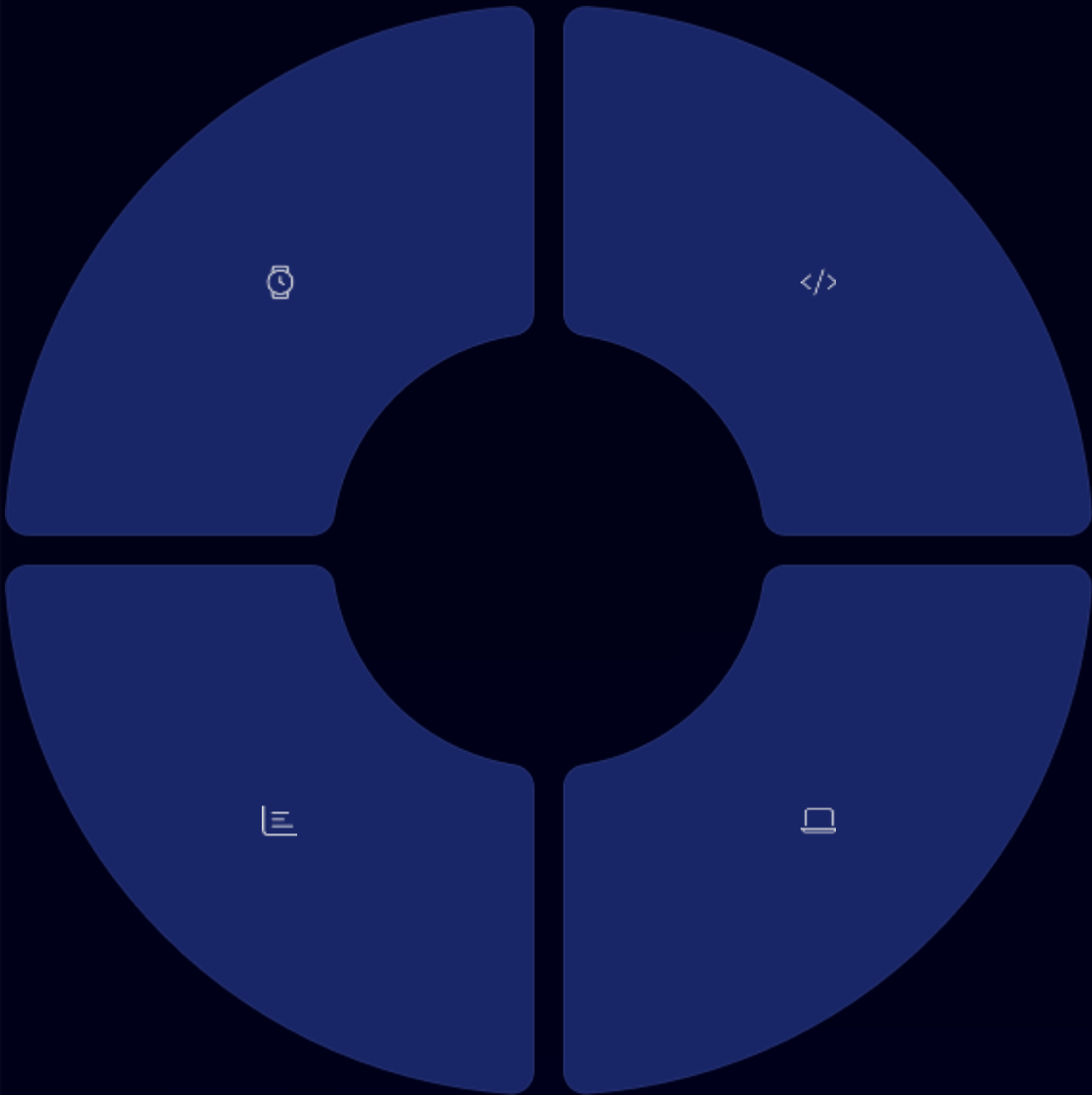


Foundations of Exercise Prescription

- Components
- Guidelines
- Implementation



Emerging Technologies & Tools



- Devices
- Software Solutions



Summary & Future Directions

The future of exercise prescription lies in personalized, mechanistic, and biopsychosocial approaches. Integrating new research on pain, load, and performance, alongside technology for precision and adherence, will drive holistic recovery and optimal function.

